

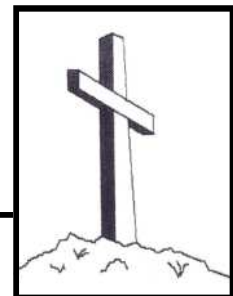
# S\*ParkLife 14

Aka Lockdown News 31

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Stanborough Park Church  
Newsletter March 2023

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\* *Children's Easter activities are available on the church website:*

[https://stanboroughpark.adventistchurch.org.uk/document\\_groups/5516](https://stanboroughpark.adventistchurch.org.uk/document_groups/5516)

## ◆ PASTOR TERRY'S EASTER MESSAGE

God sent Jesus into a mad world, a world gone crazy. We know what that's like. It was a world filled with noise and turbulence. Roman armies rattled their weapons of domination, while rebel groups raised their shouts for freedom. Religious factions argued their points of doctrine, while broken people lifted their cries of pain.

In the midst of all this racket, God spoke quietly, sending us Jesus. He didn't look like much. And in the world's eyes he didn't amount to much. Even so, His enemies and the Romans would orchestrate a spectacle to be rid of him. At the centre of it all was a cross.

The sun went dark that afternoon, until Jesus cried out with all the voice He had: "My God, why have you forsaken me?" And when he died, crying out again and giving up his spirit, the earth shook and the rocks split. Because God had spoken. May God help us to listen to His voice, which calls us by name and leads us in the way of faithfulness.





◆ **FULL HOUSE! Has the spectre of Covid finally been laid to rest?**

Probably the state of the car park should have indicated that something was going to be different. For weeks, months, even years there was always a choice of spaces available to the late-comer and parking was a breeze. No call for the BUC car park; more often than not the gate to the Memorial Garden was locked anyway. Not so on the 18<sup>th</sup> February when spaces were few and far between and only there because somebody had just pulled out.

Inside was much the same. For so long the pews in the balconies were only partially occupied and it was possible to count the number of their occupants with little difficulty. That week almost all the pews were filled to capacity by the time the Family Service began. Downstairs was much the same story but spaces were still available there and in one case there was even half a pew vacant!

This was back to pre-Covid levels! Not so long ago people would have been anxious sitting so close – and not a mask to be seen. It was a combined service and a popular speaker in Dr. Daniel Duda. How much did that account for it? Would it be back to empty pews again the next week? However, this did not prove to be the case. The following week, allowing for the fact that there were two services, there were more spaces but **no empty**

**pews.** Parallel similarly appeared full. The church was even fuller for the baptismal service in March. That week late-comers experienced difficulties in finding seats and even the BUC car park was full!

Can we finally say that the fear of Covid has left us and that people are once again longing for the social aspect of attending church with fellow believers rather than worshipping in isolation? Is the church finally returning to pre-pandemic times when preachers could once again speak to a substantial congregation without listeners scattered and isolated around the church?

Dr. Duda explained that his visit had been scheduled for last year and postponed for various reasons. As Valentine's Day had occurred earlier in the week love was the central theme of his sermon. By early March it had received 412 viewings on the church's YouTube channel and 435 viewings via the church website.

View on the church's YouTube channel or via livestream at:

<https://livestream.com/accounts/640318/events/3160916/videos/235093283>

<https://www.youtube.com/watch?v=p9ux9sLi4Rw>  
(you may need to insert this link into a browser to work)





◆ **'IF YOU WANT TO RUIN YOUR LIFE MAKE IT ALL ABOUT LOVE': HOW LOVE CAN BE DANGEROUS TO YOUR LIFE AND YOUR SPIRITUAL LIFE.**

**A SUMMARY OF DR. DUDA'S SERMON:**

Dr. Duda maintained that love has the capacity to become obsessive in nature and an idol, taking the place of God, seeking it to provide what only God can provide.

**The Bible claims that love can ruin your life in four ways:**

**Romance:** it leads to high expectations and elevates love to the point that our lives may seem empty and meaningless without love: for example Samson who got what he wanted and ruined his life!

**Putting someone/thing you love on a pedestal expecting that will make you happy:** money, success, attraction, relationship with a partner or children to the extent they can exert an astonishing degree of power or control over you; e.g. Eli who indulged his sons.

**Approval addiction:** it can lead to co-dependency; can lead to becoming a puppet in the hands of the person whose approval is being sought.

**Looking for perfection:** people can enter multiple superficial relationships and be reluctant to commit, convinced of finding perfection eventually; it is misguided to expect a perfect relationship – you can't offer perfection in return.

**Summing up (transcribed):**

There is no perfect love. There is no perfect love in romance. There is no perfect love in putting our partners or our children on a pedestal. There is no perfect love in approval addiction. There is no perfect love in addiction. There is no perfect partner. Walking down all these roads will eventually become (a) cul-de-sac. It's futile to look for love in all these places. But perhaps the good news is that it takes us back to our needs, to knock down our idols and recognise that our search for love can ultimately end up in the presence of God. Our disenchantment over time with idols actually gives us an opportunity to escape the gravitational pull of our idols and find our way back to God which causes us to surrender and to deepen our relationship and our faith.

The Bible speaks about (the) inevitability of idols in our lives... knocking down idols in our lives. It's not a one-time event. It's something we need to do over and over again. And it always requires some suffering and some struggle. (Here he makes the analogy with bowling where skittles are lifted back up and you repeat the action.) ... it's over and over again. Spiritual maturity over a period of

time means that you deepen your ability to recognise idols as idols in your life and you surrender them to God.

People who have never suffered in their lives have less empathy for other people. People who have not suffered have little knowledge of their own short-comings, their own limitations. They have no endurance in the face of hardship and they have unrealistic expectations for their own life or the life of someone else.

So we put love on a pedestal. God put love on a cross; there it is sitting in the presence of God long enough so that you and I look at God's love and the discomfort of realising that we put an idol in the place of love but if we stay long enough in God's presence we will hear the voice of God, putting His finger on an idol in my life and your life.

(Reference is made to a Hebrew word) it is unique, very unusual and it means unending covenantal love; it's only used to describe God. It speaks of love that we are all longing for and looking for, that we can only find in a loving God. If we put God in the rightful place it frees us to love others, put them into their rightful place and not an idol place and then, regardless of what happens of the outcome of your life, is going to find a degree of happiness (sic).

So, if you had a wonderful Valentine's Day this week, good for you. If not, don't despair. Consider this week that God might be trying to speak to your heart, whisper to you to do something about something that has become an idol in your life. Be ready to surrender to God and open up to him so that He will do in your life what needs to be done so that you can let go of these idols and put God to replace idols that you surrendered and remember we live in already and not yet. Our needs cannot be met in a fallen, broken world, only in the new world.

**There is no perfect love. There is no perfect love in romance.**

**Our search for perfect love ends up in the presence of God.**

**Escape the gravitational pull of idols. Find a way back to God.**



# Looking forward to Happy Marriage



If I were a young person seeking a life partner, I would look for these qualities:

1. Genuine Christianity.
2. Accurate sense of values.
3. Ability to provide security (either present or potential).
4. Kindness.
5. Sense of humour.
6. Similarity of interests.
7. Desire to further God's work.
8. Clean tongue.
9. Stable affections.
10. Understanding attitude.
11. Co-operativeness.

By Margaret Clarke

12. Ability to carry on an intelligent conversation.
13. Above all, unselfishness.

If I were a young man I would consider the following as danger signals in my girl friend:

1. A girl whose clothes are in need of mending and whose stocking seams are always crooked. She is careless.

2. A girl who pats her hair and arranges her dress before every mirror and shop window. She is vain.
3. A girl who makes catty remarks, especially if someone else is being complimented. She is jealous.
4. A girl who perpetually has worn-down heels. She is careless with economy.
5. A girl whose clothes lie in a heap on the floor, with doors and drawers in her room left open. Your house will look like this.
6. A girl who always leans. She may be lazy.
7. A girl who is always complaining—adaptability is a vital quality in marriage.
8. A strident voice and/or a non-stop chatterer. Faces and figures alter, but you always live with your partner's voice and conversation.
9. A girl who expects expensive outings and taxis and obviously dresses beyond her purse. For her you'll work hard and always be in debt.
10. A girl who is helpless and fluttery. She'd be plain useless.

If I were a girl, I would be wary of a man who had any of these failings:

1. Disobedient to his mother. He'll treat you the same way soon.
2. Cruel to animals.
3. A bully to anyone who is weaker or smaller.
4. Forgetful of wiping his feet at the door. He won't try to make work easier for you.
5. Stinginess. You'll be house-keeping on a shoestring.
6. A sharp, sarcastic tongue. Words can cut love very deeply.
7. Carelessness in his appearance. His whole approach to life and work may be slipshod.
8. Moodiness. It takes a lot of nervous energy to keep a sulky partner in a good mood.
9. A man who turns around and looks at every girl who passes. His loyalty is subject to suspicion.
10. A man who makes fun of other's infirmities.

There are other general characteristics that both should shun in a prospective life partner:

1. Unreliability.
2. Drinking, gambling, smoking.



Studio Lisa

3. Love of world.
4. Disrespect for elders.
5. Lying (even white lies).
6. Lack of purpose.
7. Selfishness.
8. Bad temper.
9. Desire to change partner's ways.
10. Unaccustomed to discipline.

A few common-sense rules will help to keep your marriage a happy one:

1. Give and take.
2. Erect your family altar from the start.
3. Have similar interests.
4. Respect each other.
5. Never dwell on little hurts, but on kindnesses shown.
6. Seek each other's happiness.
7. Trust each other fully.
8. Co-operate.
9. Vary life's programme from time to time.
10. Plan the future, but don't worry.
11. Respect each other's personality.
12. Talk matters over together.
13. Pay as you go and live within your income.
14. Never let the sun go down on your wrath.
15. When you do have a quarrel, avoid the word "always" as if it had the plague. And don't resurrect dead episodes.
16. Do not greet your partner with a recital of the day's woes. Let him or her feel you've been waiting all day just to greet him with a smile. After all, you still love each other.

QUESTIONS FROM THE ARCHDIOCESE - SINK-VISITORS

## WILL THIS RAISE A SMILE?

This is a genuine article published in the Youth Section of the Messenger dated January 23, 1959. Discovered some time ago this might be an appropriate time to reveal it to a wider audience.

Clearly aiming at perfection with love only getting a mention in the final sentence it is at variance with Dr. Duda's assertion that there is no such thing as a perfect partner.

Point 16 indicates that it was written for a different age - assuming that the woman was a stay-at-home housewife as was common then, even for those without children.

## ◆ TEATIME CONCERT FEATURES CONCERT PIANIST KENNY FU

Concert pianist Kenny Fu, who attended the Purcell School in Bushey, gave a piano recital at the church on Sunday 26<sup>th</sup> February as part of the Teatime Concerts series. On leaving school he attended the Royal Academy of Music where he is currently undertaking post graduate studies. His repertoire included Liszt's Sonetto, Haydn's Sonata and Mussorgsky's 'Pictures at an Exhibition'.

Audrey Balderstone attended the concert commenting afterwards, 'I attended a wonderful concert in the church where the young pianist Kenny Fu amazed us with his talent on the piano. As his hands flew over the keyboard we were in awe of his mastery and of the depth of feeling he drew from the music. God has blessed him and he in turn blessed us. Appreciation from the audience resulted in us raising £760 for the ADRA Earthquake Appeal.' Audrey added, 'Donations can still be made online or by sending cheques made payable to ADRA UK. Just Giving page: [sda4.life/audrey4adra2022](https://www.justgiving.com/audrey4adra2022).'

To view: <https://livestream.com/accounts/640318/events/3160916/videos/235093283>



*Photo taken by Johnson Wong*

### PROGRAMME

- |   |                         |
|---|-------------------------|
| <b>Concert Etude in G minor, No1 S.141</b>  | <b>F Liszt</b>          |
| <b>Sonetto No. 104 Del Petrarca</b>         | <b>F Liszt</b>          |
| <b>Widmung</b>                              | <b>F Liszt/Schumann</b> |
| <b>Sonata in E minor, No. 53 Hob.XVI:34</b> | <b>J Haydn</b>          |
| i Presto                                    |                         |
| ii Adagio                                   |                         |
| iii Molto Vivace                            |                         |
| <b>Pictures at an Exhibition</b>            | <b>M Mussorgsky</b>     |
| i Promenade                                 |                         |
| ii The Gnome                                |                         |
| iii Promenade                               |                         |
| iv The Old castle                           |                         |
| v Promenade                                 |                         |
| vi Children's Quarrel after Games           |                         |
| vii Cattle                                  |                         |
| viii Promenade                              |                         |
| ix "Samuel" Goldenberg and "Schmuyle"       |                         |
| x Promenade                                 |                         |
| xi Promenade                                |                         |
| xii The Market                              |                         |
| xiii The Catacombs                          |                         |
| xiv With the Dead in a Dead Language        |                         |
| xv Baba Yana                                |                         |
| xvi The Great Gates of Kiev                 |                         |

### More about Kenny Fu

His profile on the internet states, 'From his early solo debut at the Wigmore Hall to his attainment of the prestigious Sir Elton John Scholarship, Kenny Fu holds much potential and promise for a bright future. He has given concerts on three continents and performed extensively throughout UK which include distinguished halls such as the St Martin-in-the-Fields, Kings Place, Wigmore Hall, Assembly Hall and Fazioli Concert Hall.

'During his earlier years he was the winner of the Solihull Young Musician of the Year and a Quarter Finalist at the BBC 'Young Musician of the Year'. His reputation as a musician has also extended internationally where he was a silver medallist at the Cyprus International Piano Competition and a semi-finalist in the Brescia International Piano Competition. He is also the recipient of the 'Myra Hess' Award from Help Musicians UK and is also sponsored by the Warwick Arts fund.' More recently he was a semi-finalist at the Sussex International Piano competition.

He is currently undertaking Postgraduate studies at the Royal Academy of Music under the tutelage of Professor Tatiana Sarkissova.



## ◆ CHURCH MATTERS: NEWS IN BRIEF and ANNOUNCEMENTS

**STOP PRESS: Enoch Kanagaraj travelled to 10 Downing Street on 23<sup>rd</sup> March to meet Prime Minister Rishi Sunak** having been awarded the status of Community Champion for his work with One Vision. **Full story will be found in the next newsletter, on the church's website or <https://ted.adventist.org/news/british-adventist-meets-uk-prime-minister/>**

**The funeral of Halina Wolfram**, who died on 25<sup>th</sup> March, will be held in the church on Wednesday, 5<sup>th</sup> April at 11.30am.

**Wednesday Night Prayer Meeting** is being held in Armstrong Hall as well as on Zoom at 7pm. Meeting ID: 519 552 6863; Passcode: pray3r

**Zoom Prayer Meeting:** The Women's Ministry Department is inviting all women to join our weekly Friday prayer meetings from 7:30 pm. Join us and let us tender our supplications before God. Zoom only. Meeting ID - 83109855863 & Passcode -Fprayer

**Pilgrimage to the Holy Land:** Join us the week of 22-29 October 2023. For full details, please check [this link here](#). Reserve your place today by contacting Pastor James Shepley.

**The Young Adults invite you to 'Come As You Are':** the first CAYA service is at 6pm, Saturday, April 8<sup>th</sup>. Booking required. Look for the QR code on the poster at the front door of the church for booking and more information or click [here](#).

**2023 Turkey & Syria Earthquake Appeal:** Turkey & Syria NEED your help. Please help us to help the people of Turkey & Syria who are affected by this dreadful earthquake. Read the full appeal and update [here](#).

**The Development Offering** will be collected the first Sabbath of every month. Development Offering envelopes will be placed in the pews, or you can collect one at the door. It is very important that you use them for your offering so we can benefit from a 97% return.

**Wanting to pay tithes and offerings online?** Please use the following information: NatWest; Sort Code: 60-00-08; Account Number: 40650561

**Children's Sabbath School** needs more volunteers to help with supervision and safeguarding. Please contact Yetunde Bright if you can help. **The Church Board has agreed a policy for the Children's Sabbath Schools:** for safeguarding purposes, each class must have a minimum of 3 adults present to supervise the children each week in order for a class be able to run, otherwise, when parents arrive with their children they may be asked to stay to assist with registration of the children until sufficient helpers can be found.

**Young SDA Christian Lady** is looking for a room to rent. In full-time employment. Her number: 07737-196-139 and email: [dcelestinea@gmail.com](mailto:dcelestinea@gmail.com).

**Pat's March Sale raised £1500** for ADRA's disaster appeal for Turkey and Syria.

**A baptism was held on 18th March.** See page 6 for details of the candidates and their baptismal statements.

**He (Jesus) restores my soul':** meetings starting 11<sup>th</sup> April @2pm.

**Party In The Park, Sunday 7<sup>th</sup> May, 1pm—4pm** Come and enjoy stalls, food, children's games, music and more in Stanborough Park to celebrate King Charles III's accession to the throne! If you would like to have a stall or help support this community event, please contact Audrey Balderstone - 07970182915.

**The March Teatime Concert** took place on Sunday, 26<sup>th</sup> March and was performed by young musicians from our own Stanborough Park College of Music (SPCM) and included various repertoires for piano, organ, violin and chamber music. There was a retiring offering to support victims of the earthquake disaster in Turkey and Syria.

**Watford Gardeners:** If you are interested in joining Watford Gardeners, taking advantage of its very cheap membership which gives access to greatly reduced costs for horticultural products contact Joy Bussey for further information, at [js.bussey@ntlworld.com](mailto:js.bussey@ntlworld.com) or 01923 461044.

**Health News - Optimal Hydration is Associated with Healthy Ageing:** We are all aware that water remains the best thirst-quenching drink option, vital for our health and rehydration needs. However, the findings of a recent NIH study suggest that our daily fluid intake may have greater long term health implications. [LINK](#) (see back page)

**Sabbath room bookings:** Members are reminded to avoid disappointment by booking a room through the Centre Management for Sabbath arrangements, otherwise vacant rooms for that day are displayed on the screen by the Stanborough Centre main entrance.

**Church Business Meeting; Sunday, 16<sup>th</sup> April @ 6pm.** Departmental reports required by 9<sup>th</sup> April to [stanboroughboardclerk@gmail.com](mailto:stanboroughboardclerk@gmail.com)

**Condolences to the Joseph family** on the death of Gillian's father **and to Eric and Audrey Wolfram** on the death of Eric's mother.

**Is the Messenger ignoring SPC news?** Stories are being sent but we've only had the Jubilee event, a poem and the Toy Service featured in the past year. Editors have reduced the space allocated to church news, giving baptisms priority, and maintain a policy of giving other churches a fair representation and not appearing to favour SPC.

**However, thanks are due to the Messenger's graphic designer, David Bell,** for locating and sending a copy of the Messenger recording the opening of the Stanborough Centre which was featured in the January/February newsletter. This issue was missing from the archives held on the General Conference website.

## ◆ PRAYER CORNER: Please pray for:

- Annalisa Molteni and her family in Italy who are facing health challenges, Morgan Charles, Roy and Bronwen Atkinson, Terry Menkens, Jose and Wally Solomon, Marlene Levy's aunt, Pastor Perry, Diane Johnson and the Poppa family.

- Families who are facing challenges from other health issues, challenges and bereavement—especially the Joseph and Wolfram families.

- The people of Malawi, Mozambique, Greece, Pakistan and Ukraine as they face natural/man-made disasters.

- The Requests in the Prayer Box.

\* **Remember you can place private prayer requests in the Prayer Box or email [STANBOROUGHPRAYS@GMAIL.COM](mailto:STANBOROUGHPRAYS@GMAIL.COM).**

◆ **FIVE YOUNG PEOPLE BAPTISED ON 18<sup>TH</sup> MARCH:**

**THE CANDIDATES' TESTIMONIES:** all five are active members of our Pathfinder family and were baptised wearing their uniforms in front of a full church where seats were hard to find. The BUC car park was full too. Just like pre-pandemic times!



**Joshua Joseph was baptised by Pastor Clifford Herman, SEC Pathfinder Director** - I wish to be baptised because I can truly see the evil in the world and people. In addition how important it is to follow the words of God to prevent me from going down a path of sinful turmoil. When I look at my life from a bird's eye view I can see God has and will always be there by my side.

The Lord has blessed me with a Family, job and new life. Joseph's baby brother, Jethro, was dedicated on this special day for the family.



**Thespina Papaioannou** –was baptised by Pastor Sophia Peart - I know that God is real because I have seen Him work miracles in both my life and in the lives of people around me. When I am down or struggling, I know I can always count on God to be there for me as we are told in Hebrews 13:5—'I will never leave you nor forsake you' I am extremely grateful to everyone who has come with me on this journey to get closer to God and cannot wait to strengthen my relationship even further with Him. I am looking forward to the time when I finally get to spend eternity with my loved ones and Jesus in

heaven.

**Naomi Turturica was baptised by Pastor James** - 'I will praise the Lord at all times. I will constantly speak His praises.' Psalm 34:1



**Meghan Herman was also baptised by Pastor Herman (her father)** - I've been in the church all my life and I've grown up knowing and learning about God. But recently with so many changes in my life, I've learnt to depend on God and realised everything He did for me and everything he continues to do for me. I'm so grateful for His unconditional love and his support that I want to be baptised to publicly declare my love for Him.

**Reeya Gengan was baptised by Pastor James** - I would like to get baptised today because I have such an eagerness to give my life to Jesus and let Him guide me through all things that I do. I have been taking Bible studies so that I can learn more about our God and how He has the power to control our lives and transform them into honest and truthful places. When I get baptised, it will also remind me of how Jesus died for us on the cross and how He was raised from the tomb after three days. This shows how powerful Jesus is. Because Jesus died for me, I want to mirror His actions and follow him so that I can be more like Him and follow his commandments.



◆ **GEMS FROM THE ARCHIVES: ADRA INGATHERING**

March and April are traditionally the months for house-to-house collections for ADRA. However, not this year as ADRA-UK has decided to abandon this form of fund-raising relying on members to find their own ways to donate to the charity.

These four Stanborough Secondary School pupils, left – right John Martin, Linda Bunker, Frederic Bacon-Shone, and Stewart Wilson collected more than £100 between them in 1967. (Messenger issue June 9, 1967)



Now our Church Treasurer, Fred recalls, 'Linda and I had a competition to collect the most. My script was that I was trying to collect 100 half crowns for Medical Missions, and I beat the target. The people counting the tins said they liked my tins because it was easier to count the silver!'



## ◆ THE SOUP RUN: UPDATE (follow-up from last November's story)

The origins of the Soup Run were featured in this newsletter before Christmas. Bringing it up-to-date was intended as a follow-up article but has been postponed until now through lack of space.

Pat was asked recently how after all these years exactly which things have changed and what has stayed much the same. However, one thing has stayed the same, the activity is still very much operated by the church's young people. **Below is a summary of her responses.**

Whilst it is supported by the church the Soup Run still receives no funding from church resources and is entirely independent relying on donations, fund raising events and voluntary efforts.

She still goes along with a team once a month to keep in touch with what is happening on the ground.

The old minibus was replaced some years ago through fund-raising efforts.

Whilst there are still British people coming for help many are now foreign nationals.

Some of the clients have been coming for years now.

Not all clients are sleeping rough on the streets now; some are housed in hostels or similar accommodation.

The ULEZ charging zone now means that a fee must be paid each time the minibus goes into central London which adds to the expense and the increase in fuel prices has also hit hard.

Joy Bussey now makes all the sandwiches each week whereas there used to be a rota system of volunteers in operation.

A sympathetic couple have arranged for a Thursday night delivery of leftovers from Wenzels, which is a great help.

The composition of the teams has changed and there are now as many SDA's as non-SDA's involved in the teams.

Often the youngsters come from the locality **so this is a good outreach for the church in more ways than one.**

Some helpers who are not local join the teams in London.

Passers-by often contribute financially when they witness what the teams are doing.

She uses funds obtained to buy toiletries for the clients.

**There is a big need for rucksacks and sleeping bags now.**

**Rachel Lunan**, a member of the Young Adults Group, joined the Soup Run about nine years ago after finishing university following a recommendation from Carolyn (Cooper) Guenin, taking over leadership when Carolyn and Etienne went to Africa as missionaries. She has very strong views on the value of the Soup Run as an outreach activity both to those receiving and giving aid and people living in the local area.

**Rachel concludes that it is a very worthwhile activity on many grounds:**

It gives the youth 16 - 20's an opportunity to give back something, by doing something for the community—giving their time rather than financial aid which at their age is in short supply.

It encourages them to do something valuable on a Friday evening when they could be doing other things and the fact that they do choose to do this worthwhile activity instead is very encouraging.

It has social benefits, meeting people for both helpers and clients. They engage with the clients who enjoy chatting with them and get to know them and the needy callers are always happy to see them. This improves their social skills.

They are able to make friends, including from the community, as well as helping others in need.

People from the community often introduce their friends and family members to the Soup Run.

Some have made friends with people from the community and acting as 'witnesses' for their faith have encouraged them to attend church; some have done so including people Rachel has made friends with. This is very encouraging.

She feels that the late night returns are very tiring, usually after 11pm, especially if there is Sabbath School to attend the following morning. (Alison recalled experiencing the same feeling back in the early days.)

She would like something local to be introduced which would run in parallel to it as it would avoid the late night returns; she is adamant that there is a local demand for this type of help these days, unlike in the early days of the Soup Run.



◆ **MR. HAMMOND'S BIRTHDAY SURPRISE FEATURES IN LOCAL NEWSMAG:**

Last month's lead story has featured in Abbots News <https://www.calameo.com/read/006316555b2fdf30f1beb>. The writer received a phone call from a rather peeved Mr. Hammond who, whilst pleasantly surprised to appear on the front page of the previous newsletter, requested two clarifications: 1. That he is not known as 'Ed'; his preferred name is Edward—only one person calls him 'Ed'! (His late wife, Vi, always referred to him as 'Ed' in conversation.) 2. That it was implied that he was less physically able than he is. Whilst he agrees he cannot undertake **long** walks with the Fell Walking Group he joins them for part of the walk—at his own pace. Also, he regularly undertakes 3 mile Sabbath afternoon walks in Ashridge and at St. Albans Lake. Notes made during the original phone conversation were checked and no mention of this was made then. Happy to set the record straight, Edward!

◆ **THE ESTATE HALL- AKA 'THE TIN HUT'!**

For decades the Estate Hall was the centre of Stanborough Park life. With no church halls all social events were located there as well as one of the Children's Sabbath School Departments and the forerunners of Pathfinders and Adventurers. Sited between the Press and school buildings it was tucked in a corner of the Park where it wouldn't stand out (centre of photo right). This was just as well as the corrugated building, referred to informally as the



Agnes Poulton Archive

'Tin Hut' was very basic, just a hall with a painted black concrete floor, two small storage rooms in the entrance lobby, a stage which could be partitioned off by folding doors, and a small back stage area which could get very crowded during events and was eventually shared with the school which used it for domestic science lessons. The main area was also used by the school for P.E. lessons, concerts and large events.



Above: one of the many Children's Sabbath School concerts held in the Estate Hall (c 1955). Pat Walton is front left, Peter Walton is disguised as a tree and your editor as a cat!

According to the writer's late mother it was originally intended as a youth hall in the days when there were a large number of them employed in the denominational institutions and the young people had raised the money to build it.

It was during the 1960's that the Church Board decided that the church needed a hall rather than rely on a building some distance away. It was eventually decided to build a structure with two large halls and a smaller youth hall on the second floor which

housed the youth club and youth events for many years until it was decided to convert it to accommodation. (This has been covered in previous newsletters.) Members were asked to name the halls: the top was obviously called The Youth Hall whilst the ground floor was called the Armstrong Hall after a previous much-loved minister, Pastor A. K. Armstrong, and the first floor hall after Dr. A. H. Williams who was senior elder at the time and was the driving force behind the project. Dr. Williams was a local G.P. and Medical Director of 'The San', the nursing home situated on the Park. His story and his connection with 'The San' was recently discovered in a copy of the Messenger and is shared overleaf. (Many thanks to Peter Walton for his work improving the legibility of the text.)



Dr. Williams' youngest son, Stephen, regularly attended services at SPC driving from his home over 50 miles north in pre-pandemic times. He hopes to do so again once he has completed some long-distance driving preparation. He has commented on the article: '**As Dr. Marshall stated, my father organized and oversaw the building of the first church extension. There are a few minor corrections to the article. My father was still 50 when he qualified in January 1940. He then took a few locum jobs until he was appointed house man and then registrar at Shrodells Hospital<sup>1</sup> before setting up his own practice. He retired from practice at the end of 1961. Dr. Gallivan joined the practice the day after to replace my father in the practice. At that time there were only three doctors in the practice at one time.**' Dr. Williams died during the spring of 1974.

<sup>1</sup> Shrodells Hospital is now Watford General Hospital.

The photo above right, provided by Peter Walton, shows a group preparing for a camping trip outside the Estate Hall. Main group left-right: Anita Bevan, Ian Nicholson, Bruce Anscombe, Alf Kelly (rear), David Balderstone, Albert Balderstone on steps, Peter Walton (rear) by van.



## ◆ DR. A. H. WILLIAMS: the story of the man behind the name of the Williams Hall

Dr. Williams, a church elder, was the driving force behind the rear extension much as one of his predecessors as senior medic at the nursing home on Stanborough Park ('The San') was the driving force behind the construction of the church building. Members voted to name the middle hall after him.

# Commemorating the San

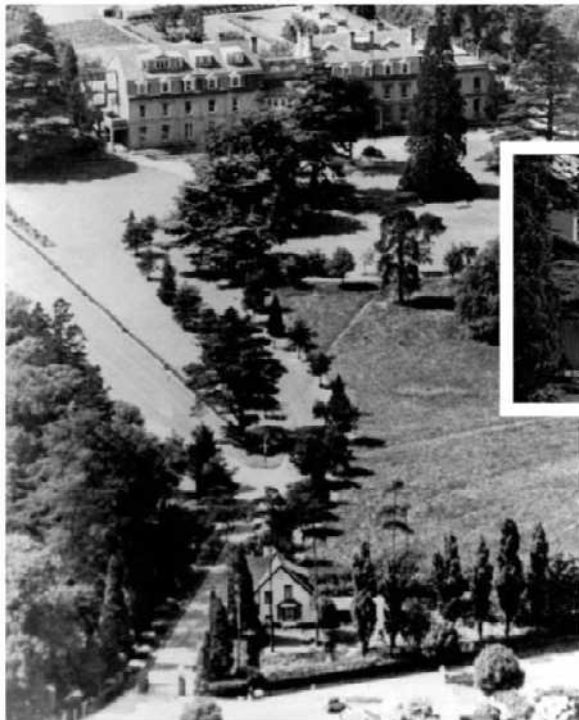
by David Marshall

Forty years ago this year the British Union's flagship health institution closed its doors. The struggle to keep Roundelwood open has been apt to eclipse the contribution made for sixty years by its illustrious predecessor, variously known as 'the San', 'the Hydro' and 'The Stanboroughs Nursing and Maternity Home'.

We are using this anniversary to remember 'The Stanboroughs' and, in particular, the contribution of its post-war champion, Dr Alfred H. Williams.

Dr Williams had a long and distinguished career as a missionary, union president and division officer in Burma and India before he qualified as a doctor at 51. Indeed, Dr Williams was one of a small band of missionaries who buried a wife and child in the lands in which he served.

Here we remember this remarkable man's story – in Burma, India and in Britain – and recall the crisis that precipitated the closure of The Stanboroughs just forty years ago.



Hospital in East London and acquired valuable experience in the treatment rooms of the new Stanboroughs Hydro in Watford.

Adventist records indicate that by 1914 Alfred was back in Burma running an Adventist Technical School, assisting Pastor George Hamilton in establishing a mission station and undertaking (on a self-supporting basis) missionary work among the poorest of the poor in the Salween River Valley. The first three of the seven Williams children, including Hugh, were born in this period. A. H. Williams was ordained as a 'Minister of the Gospel' effective from 1 January 1917.

### Lucknow, Poona and Lahore

By the time of his ordination, Pastor Williams and his family were based in Lucknow in the India Union Mission (renamed Southern Asia Division in 1920). During his years as treasurer, Williams negotiated the purchase of land in Lahore, Poona, and a further 45-50 acres on the southern slopes of Vincent Hill. He also oversaw the building of a two-storied Division office block and printing facility. By 1919 he was secretary-treasurer of the Union and in 1920 a delegate at the General Conference session in San

Francisco. On furlough in Watford, Williams recruited C. H. Mackett to assist him with his ambitious building projects (including a large school) in India. On 19 April 1925 Mabel Williams gave birth to their seventh and last child, nicknamed 'Buster' because he weighed in at 12.5lb!

From his base at the Southern Asia Division in Poona, Williams oversaw the building of the Vincent Hill School which, having opened in 1924, was run along the lines of an English grammar school.

### Tragedy in Calcutta

In 1926 Pastor Williams was made president of the Bengal Union, and he and the family moved to Calcutta. Williams advised his children to learn an additional language each year, which was his own practice. Bengali, Hindustani, Hindi, Marathi, Punjabi and Urdu were added to his store of languages.

Pastor Williams was accompanying the Division president, who spoke no language other than English, when tragedy struck the family. He returned home to find 21-month-old Buster dying from diphtheria, a condition which a local doctor had failed to diagnose. Alfred and Mabel Williams, with the six remaining family members, buried Buster in a Calcutta cemetery. The family was devastated by the loss.

Pastor Williams accepted the position of president of the Northwest India Union. The family returned to Lucknow. There Mabel founded a school for destitute little girls. During the remainder of his presidency Pastor Williams set up other such schools. With General Conference funding, Pastor Williams

## Dr A. H. Williams: Missionary, Administrator, Physician

Alfred Henry Williams was born in Plumstead on 24 July 1889. He won a scholarship to University College School, London, and his first job was with S. Oppenheimer of Rangoon, Burma. During his six years with Oppenheimer's, Williams studied Accountancy and Mercantile Law. He also learned Burmese, but his principal aim was to earn money to complete his university training in Medicine.

### Burma

In 1910 Williams married Mabel Donaldson in Rangoon. The marriage was conducted by Pastor. H. H.

Votaw, the first Adventist missionary to Burma. First Mabel, then Alfred was baptised. Asked years later why he had 'joined such a small American group' as the Seventh-day Adventists, Dr Williams replied, 'It was not the size of the organisation that influenced me in 1910, but the size of the message.'

As a result of the abject poverty they witnessed in Burma, Alfred and Mabel chose to become missionaries when Alfred's contract with Oppenheimer's was completed in 1912. To enable him to work among the villages of Burma, Alfred undertook basic medical training at Livingstone College based at Poplar





**India Union Committee, November 1917. Lucknow**  
 Back: G. G. Lowery, I. F. Blue, R. D. Brisbin, C. F. Lowery, G. W. Patten, M. M. Mattison,  
 V. L. Mann. Front: L. J. Burgess, J. E. Fulton, F. H. De Vinney, W. W. Fletcher, H. C. Menkel,  
 A. H. Williams, then only 28 yrs old



Dr H. O. Williams



Dr A. H. Williams, one time secretary/  
 treasurer of the Southern Asia Division of  
 Seventh-day Adventists. Poona, India.  
 President of the Northwest India Union,  
 Lucknow, India. Fluent in Burmese, Hindi  
 and Urdu. Also one time Medical director of  
 the Stanboroughs Nursing Home, Garston,  
 Watford.

also built, equipped and staffed, a hospital, and recruited a Loma Linda graduate in medicine to run it. Mabel Williams, at 42, qualified as a State Certified Midwife in London in order to help.

### Septicaemia

On 22 January 1933 Mabel became seriously ill shortly after her husband had left for the Punjab. He was contacted by telegram and caught the next train home. Mabel was delirious, her tongue horribly swollen. Sulphonamides and antibiotics were unknown, and 10-year-old Leslie Williams knew that Mum was going to die. She died of septicaemia at 6am on 31 January. The bacteria that caused the infection came from a wound on Mabel's ankle received when making her last home visit.

A. H. Williams became one of the small band of Seventh-day Adventist missionaries who buried his wife and a child in the land he served.

For the time Pastor Williams continued with his presidency, having arranged for four of his children to go to Vincent Hill School. At the Winter Council Meetings at Poona in December he gave notice of his resignation. The Division president undertook to try to find a placement for him in the British Union. His approaches to the BUC were unsuccessful. For a time Pastor Williams worked again in Burma before leaving the subcontinent for the last time. The Williams family arrived back at the King George V Docks on 31 August 1934.

### Medical training

Alfred Williams, though 45, had never given up on his dream of completing his medical training. Hence his priority on landing was to confirm his place at Medical School. Within a month he was working on

his first MB. His mother moved in to keep house, and plans were put in hand to build a house. In November 1934 the BUC offered Williams a job as manager of the Hydro. Committed to his medical studies, he declined. In 1936 his second wife Iris, who had both nursing and midwifery qualifications, accepted the matron's post at the San.

A. H. Williams qualified as a doctor in 1940. After a period in general practice, Dr A. H. Williams was appointed Registrar at the Emergency Medical Services Unit at Shrodells Infirmary. At the same time he accepted the invitation of BUC president Pastor Harry Lowe to assist the Church in medical matters (including examining missionaries going to and coming from Africa). During his period at Shrodells and subsequent to setting up his own practice, Dr Williams was an on-call surgeon on a roster made up of local doctors holding an F.R.C.S. When he retired from Medicine in 1961 the Sheepcote Lane practice had grown to four doctors: Dr A. H. Williams, Dr Hugh O. Williams, Dr S. Guest and Dr T. J. Gallivan. His son, Dr Hugh O. Williams, succeeded him as head of the practice.

Since his ministry to the poorest of the poor in Burma and the schools for the destitute in India, Dr Williams continued his ministry to the underprivileged as a Watford GP. Throughout the war years he was confronted by young mothers with sick children, no money and a husband away fighting on some front of World War Two. Dr Williams would say, 'If the children are ill bring the children in and we'll worry about money later.' In many cases either no account was sent or a very reduced bill was submitted.

### The San in 1945

During the War years the San was

requisitioned for use as part of the medical school for University College Hospital. When the building was returned to the British Union in July 1945, Dr Williams was asked to get the place 'up and running' again. For a number of years Dr Williams was both medical director and business administrator. The terms of employment were that Dr Williams would not accept remuneration until the institution had been in profit for two years. The agreement was that Dr Williams or his partners would determine what course the medical treatment took. Pre-war medical practices would be re-evaluated and retained or discontinued in light of current medical practice.

Dr and Mrs Williams dismantled, cleaned and sterilised pre-war medical equipment until it shone. An operating theatre was maintained at a standard of readiness. Other surgeons began seeing their private patients at The Stanboroughs, as it became known. Fees paid by patient and practitioner alike went into the coffers. Formal departmental heads were appointed and met with Dr A. H. Williams on a weekly basis. At those meetings Dr Williams (or, following his appointment as business manager, Mr George Annis) went through departmental costs with a fine-tooth comb.

Slowly, as the rooms were repaired, redecorated and refurbished, the Stanboroughs acquired an excellent reputation. Dr Williams visited the Adventist health institutions in Sweden and Denmark and implemented the best of what he found there.

### The west wing

Utilising a grant from the General Conference, the large west wing was added to the existing building. It was built in accordance with modern standards and featured ferro-

concrete reinforced pillars and floor. It became the maternity department and attracted a large clientele, including the wives of a number of significant figures in public life.

The break-even point was reached in the mid-50s, and profits came in the following years. After two years in profit an annual fee of £2,000 was paid to the Williams practice for the 24/7 services of the four doctors.

Dr A. H. Williams, as first elder of the Stanborough Park church, oversaw a number of major building projects at that church. These included two new side galleries and three additional halls (the first floor hall is called The Williams Hall) to the rear of the building.

Following retirement of Dr A. H. Williams, his son Dr Hugh Williams became Medical director of the British Union and Medical superintendent of The Stanboroughs Nursing and Maternity Home.

### Winds of change

At the British Union Conference session in the De Montfort Hall, Leicester, at Easter 1967, Dr Bernard Seton was elected president, and Chartered Accountant Colin Wilson re-elected secretary-treasurer. Seton's vision was for a professional ministry educated to a high standard and remunerated accordingly. The Home Owners Policy was one of the positive consequences of this new policy. Among the negative consequences was the increased currency in BUC circles of the term 'de-institutionalisation', and, finally, the closure of The Stanboroughs.

11 Messenger

This was extracted from the Messenger dated 13-08-2008 Volume 113-13. The sanitarium was officially known as The Stanboroughs but generally referred to as 'The San'. It was closed in 1968 as it had been harder to make it profitable following the introduction of the NHS. The building was housed in the old mansion house which had been much extended over the years and had been the original location of the college in its early days of Adventist ownership. More about this in future newsletters.

## ◆ HEALTH CORNER: OPTIMAL HYDRATION IS ASSOCIATED WITH HEALTHY AGEING

Submitted by Caroline Perry



One could not have failed to notice the unprecedented hype and media coverage surrounding the recent launch of the new Prime hydration drink. Prime hydration is a sports drink containing filtered water, coconut water, electrolytes, vitamins, and several questionable additives. Clever marketing as an aid to help refresh, replenish, and refuel plus the endorsement from its co-creators, Logan Paul and KSI, means demand remains high.

Could it be that the popularity of this sports drink is linked to the heavy influence of these YouTube stars, or does it really help address a basic health goal to stay well hydrated? I suppose this is rather irrelevant as we are all aware that water remains the best thirst-quenching drink option, vital for our health and rehydration needs.

A recent publication of a National Institutes of Health study highlighted the possible health risks of advanced biological ageing and premature death, resulting from insufficient fluid intake. Using health data gathered from 11,255 adults over a 30-year period, researchers analysed links between sodium levels – which go up when fluid intake goes down – and various biomarkers of health. Adults with serum sodium levels above 142 mEq/L had up to a 64% increased associated risk for developing chronic diseases like heart failure, stroke, atrial fibrillation, and peripheral artery disease, as well as chronic lung disease, diabetes, and dementia. Conversely, adults with serum sodium levels between 138-140 mEq/L had the lowest risk of developing chronic disease. A higher biological age was associated with an increased risk of chronic diseases and premature mortality.

Since reduced fluid intake is one of the main factors for elevation of serum levels of sodium, the results are consistent with the hypothesis that decreased hydration may accelerate the ageing process. However, to prove causality further randomised clinical trials are needed. Global audits have shown that more than 50% of people do not drink the recommended amounts of fluids. Subsequently, the findings of this NIH study provide valid reasons to reinforce the existing recommendations for optimal daily fluid intake to assist in slowing down biological ageing and reduce the risk of disease and early death.

**No excuses let's get drinking and try to up our water intake today!**

Reference: *Middle-age high normal serum sodium as a risk factor for accelerated biological ageing, chronic diseases, and premature mortality – Dmitrieva et al, eBioMedicine, 2023.*

Submitted by Stanborough Park Church Health Ministries: Caroline Perry MSc, PhD & Adewale Ademuyiwa BSc, PG Cert, Dip He.

## ◆ THE LAST WORD: SOME THOUGHTS ON EASTER

Here is a new thought about Easter and with it let's begin.  
The stone wasn't moved to let Jesus out but to let the disciples in!  
No stone could have kept Him in there when His Father called Him out,  
So it must have been moved so they could see in, is there any doubt?  
Surely that's why the angels waited there until the disciples came,  
Imagine him calling with the stone still there, it wouldn't have been the same.  
Jesus appeared and disappeared quite often when resurrected,  
He would suddenly enter through closed doors, it was most unexpected!  
To the Emmaus pair He was suddenly there and at the meal suddenly gone,  
He appeared in that room to the disciples, but Thomas was not one.  
So He appeared again for Thomas, He is a God of grace,  
And though the doors were securely locked He came into that place!  
" He is not here He is risen", the message that first Easter morn,  
Was given face to face, not through a stone, and our living faith was born.

**Dennis Johnson**



\* **Does anyone have a photo of the church in its present form that we could possibly use on the church website? If so, please send it to the email address on the front page.**